



Hydrfacial Aftercare

Now that you have enjoyed a HydraFacial treatment, here a few tips for aftercare...

- Avoid hot environments and heat (saunas, sun beds, intense workouts, hot yoga) for the next 48 hours.
- Avoid swimming pools for the next 48 hours.
- Application of SPF30 (min) is essential (but remember, this is ALWAYS essential!) • Avoid having any aggressive treatments on the HydraFacial treatment area for 2 weeks.
- Avoid using retinol products for 5 days after the treatment along with AHAs and BHAs (salicylic acid, glycolic acid etc)

Be aware that, in rare occasions, after the HydraFacial treatment your skin may experience the following...

- Heat sensation
- Flaking
- Redness
- Itching
- Lumps and bumps
- Swelling

Although these are rare, they can still happen however all of them are manageable and NOT permanent. If you experience any of these please contact us straight away.

Good Skincare Through a Healthy Lifestyle

To see the best results we recommend a course of 6 Hydrfacials, 3-4 weeks apart and it is really important that you maintain your skin health by following the below recommendations:

- Drink plenty of water
- Minimize alcohol consumption
- Manage daily stress
- Exercise regularly
- Take a daily vitamin supplement
- Apply SPF30 (min) daily
- Avoid tanning beds
- Avoid smoking
- Use a high-quality skincare
- Eat a balanced diet
- Get plenty of sleep

If you are unsure about anything, please contact us on:

01843 639861 or 07468 526494

